

Healthy Choices, Healthy Relationships

An 8-week class for women.

Designed to:

- Increase awareness of self and others
- Increase relational intelligence
- Practice “good conflict”
- Understand the natural ebb and flow of relationships
- Increase social esteem
- Decrease isolation

Facilitated by Theresa Epstein, MSW, LICSW & Michelle Lifton, MS

Monday evenings, October 27 – December 15, 2008

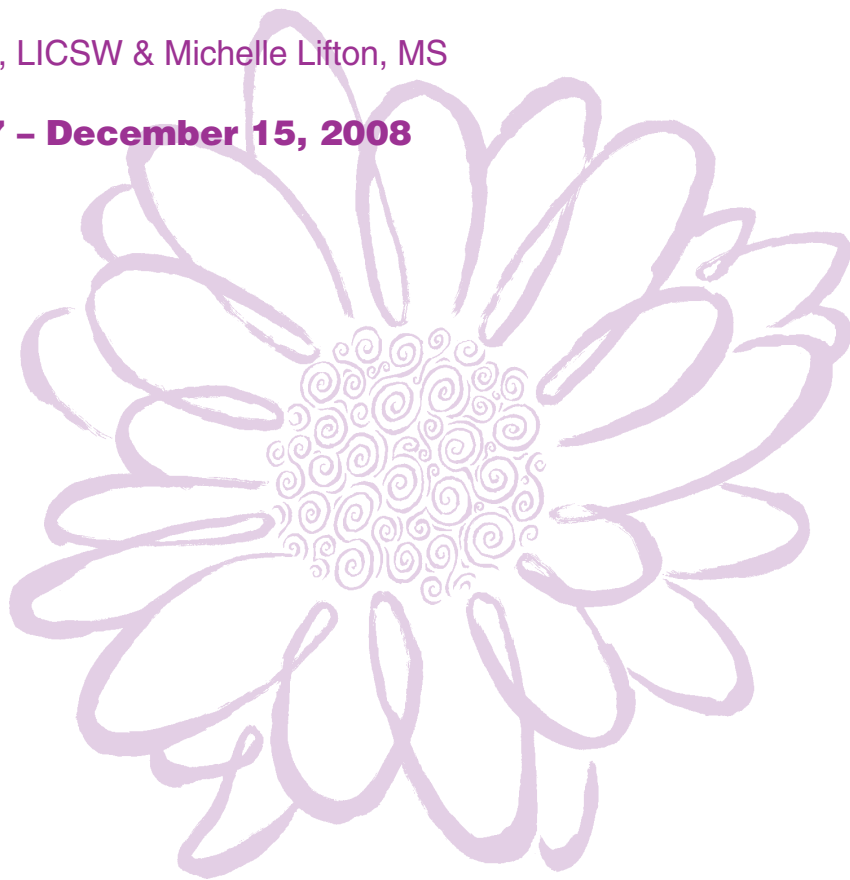
6:30 - 8:30 p.m.

For women of all denominations

\$50 for the entire series

Space is limited to 15 participants

Must register by October 20, 2008



JEWISH **FAMILY** SERVICE